

*Quick & Easy*  
**77 KETO**  
*— Dessert —*  
**RECIPES**



**CLAUDIA J. CALDWELL**

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Quick & Easy 77 Keto Dessert Recipes by Claudia J. Caldwell

Published by Florian Funk Publishing Consultant, Haus-Gravener Street 89, 40764 Langenfeld, Germany

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ISBN:

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# CHAPTER ONE



## SMOOTHIES AND BEVERAGES

## AMAZING SMOOTHIE CINNAMON ROLL

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
1 g	26 g	0g	3 g	145

Net carbohydrates: 0.6 g

*Makes 4 servings*

### **Ingredients**

4 teaspoon vanilla  
protein powder

1 cup of almond milk

1/2 teaspoon of vanilla  
extract

4 teaspoon of sweetener

1 teaspoon of cinnamon

2 teaspoon of flax meal

2 cup of ice

### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled!



## GOOD MORNING SWEET COFFEE MILKSHAKE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
1 g	1g	0g	15 g	148

*Makes 6 servings*

#### **Ingredients**

3 teaspoon matcha  
powder

1 cup of cashew milk

3 tablespoon coconut  
oil

6 ice cubes

2 teaspoon of vanilla  
bean

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled!

## HEALTHY SPINACH COFFEE LATTE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	2.5 g	0g	13 g	154

Net carbohydrates: 3 g

*Makes 8 servings*

#### **Ingredients**

2 cup of strong  
brewed coffee

1 cup of coconut milk

1 cup of pumpkin  
puree

4 handfuls of spinach

3 tablespoon of  
butter

$\frac{1}{4}$  teaspoon of  
cardamom

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled!

## 77 KETO DESSERT RECIPES

½ teaspoon of vanilla  
extract

½ teaspoon of  
cinnamon

¼ teaspoon of  
allspice

10 drops liquid stevia

¼ teaspoon ginger

2 handfuls of ice

## A SPECIAL CHEESECAKE AND BERRY SMOOTHIE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6.5 g	6 g	1g	53 g	515

Net carbohydrates: 4 g

*Makes 6 servings*

#### **Ingredients**

1 cup of full-fat cream  
cheese

1 cup of blackberries

$\frac{1}{4}$  cup of whipping  
cream

2 tablespoon of oil

1 cup of water

$\frac{1}{2}$  teaspoon of vanilla  
extract

7 drops of liquid  
stevia

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a  
smooth texture

Serve chilled!

## KETO FRIENDLY TRIFLE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	11g	2g	21 g	317

Net carbohydrates: 3 g

*Makes 6 servings*

#### **Ingredients**

2 small banana,  
peeled and chopped

1 medium avocado,  
peeled and pitted

67 ounce of coconut  
cream

1 tablespoon of lime  
juice

1/8 teaspoon of lime  
zest

1 tablespoon of  
vanilla extract

#### **Instructions**

Take a bowl and add ½  
tablespoon vanilla

Add banana, coconut cream

Add chopped avocado and stir

Take another bowl and add  
remaining vanilla, add berries  
and stir

Fill dessert glass with banana  
and avocado mix first, then add  
a layer of berries

Keep alternating between the  
layers until all used up

Serve and enjoy!

## 77 KETO DESSERT RECIPES

4 ounce of  
raspberries, fresh

3 ounce of roasted  
pecan nuts

## BERRY OVERLOAD SHAKE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
8 g	6g	1g	19g	255

Net carbohydrates: 6g

*Makes 6 servings*

### **Ingredients**

1 cup of whole milk yogurt

1 pack stevia

$\frac{1}{4}$  cup of raspberries

$\frac{1}{4}$  cup of blackberries

$\frac{1}{4}$  cup of strawberries, chopped

2 tablespoon of cocoa powder

2 tablespoon of avocado oil

2 cup of water

### **Instructions**

Add the listed ingredients to your blender

Blend until you have a smooth texture

Serve chilled and enjoy!

## THE SHAMROCK SHAKE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4.4 g	2 g	1g	19 g	195

Net carbohydrates: 3 g

*Makes 4 servings*

### **Ingredients**

1 cup of coconut milk,  
unsweetened

1 avocado, peeled, pitted and  
sliced

Liquid Stevia

1 cup of ice

1 tablespoon of pure vanilla  
extract

1 teaspoon of peppermint extract

### **Instructions**

Add the listed  
ingredients to your  
blender

Blend until you  
have a smooth  
texture

Serve chilled and  
enjoy!



## THE PINEAPPLE GLASS

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	12g	1g	33 g	409

Net carbohydrates: 3 g

*Makes 4 servings*

#### **Ingredients**

3 cup of fresh spinach

2 cup of almond milk

½ cup of coconut  
water

1 cup of fresh  
pineapple

2 tablespoon coconut  
unsweetened flakes

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled!

## THE KETO FRIENDLY MOJITO

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	0.9 g	1g	0.5 g	211

Net carbohydrates: 4 g

*Makes 6 servings*

### **Ingredients**

4 tablespoon  
raspberries,  
blackberries

Fresh mint leaves

4 tablespoon lime  
juice

$\frac{1}{2}$  cup rum

2 tablespoon stevia

Sparkling water

Ice as needed

### **Instructions**

Take a jug and mix in all ingredients

Stir with a spoon as needed

Add water and ice

Garnish with mint leaves

Enjoy!

## THE CREAMY STRAWBERRY CHILLER

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6g	27 g	1g	39 g	133

Net carbohydrates: 4 g

*Makes 4 servings*

### **Ingredients**

1 cup of ice cubes

½ cup of water

1 scoop strawberry  
whey protein powder

3 slices of avocado,  
peeled and pitted

1 ounce of MCT oil

½ cup of frozen  
strawberries,  
unsweetened

### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## SIMPLE STRAWBERRY ALMOND SMOOTHIE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	15g	1g	25 g	304

Net carbohydrates: 4 g

*Makes 5 servings*

#### **Ingredients**

16 ounce  
unsweetened almond  
milk, vanilla

1 pack stevia

4 ounce of heavy  
cream

1 scoop vanilla whey  
protein

¼ cup frozen  
strawberries,  
unsweetened

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## HAZELNUT AND COCONUT SWEET MEDLEY

---

*Prep time: 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	7 g	1g	46 g	457

Net carbohydrates: 4 g

*Makes 6 servings*

### **Ingredients**

2 cup of coconut milk

1 cup of hazelnuts,  
chopped

2 cup of water

1 pack of stevia

### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## SPINACH AND CUCUMBER SMOOTHIE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	3 g	1g	33 g	335

Net carbohydrates: 2 g

*Makes 5 servings*

#### **Ingredients**

3 large handfuls  
spinach

1 cucumber, peeled  
and cubed

7 ice cubes

1 cup of coconut milk

Liquid Stevia

½ teaspoon of  
xanthan gum

3 tablespoon oil

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## ROSEMARY AND LEMON SMOOTHIE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	9g	2g	25 g	312

Net carbohydrates: 4 g

*Makes 6 servings*

#### **Ingredients**

1 cup of whole milk  
yogurt

1 cup of Garden  
Greens

1 pack stevia

1 tablespoon of olive  
oil

2 fresh stalk rosemary

1 tablespoon of lemon  
juice, fresh

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a  
smooth texture

Serve chilled and enjoy!

## 77 KETO DESSERT RECIPES

1 tablespoon of pepitas

1 tablespoon of  
flaxseeds, ground

2 cup of water



## RASPBERRY AND COCONUT SHAKE

---

*Prep time: 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6g	5 g	1g	41 g	408

Net carbohydrates: 4 g

*Makes 8 servings*

#### **Ingredients**

2 cup of coconut milk

1 cup of raspberries

1 cup of 50/50 salad  
mix

1 pack stevia

2 cup of water

1 tablespoon of  
pepitas

2 tablespoon coconut  
oil

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## BLUEBERRY BLISS

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4g	15g	1g	25 g	302

Net carbohydrates: 2g

*Makes 3 servings*

#### **Ingredients**

16 ounce  
unsweetened almond  
milk, vanilla

1 pack stevia

1 scoop vanilla whey  
protein

$\frac{1}{4}$  cup of frozen  
blueberries,  
unsweetened

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## OXIDIZING GREEN DRINK

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5g	12g	1g	33 g	409

Net carbohydrates: 3g

*Makes 4 servings*

#### **Ingredients**

1 whole avocado, ripe

4 cup of organic baby  
spinach leaves

1 cup of filtered water

Juice of 1 lemon

1 English cucumber,  
chopped

3 stems fresh parsley

5 stems fresh mint

1-inch piece, ginger

2 large ice cubes

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## SPICY CHOCOLATE SHAKE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3g	3g	1g	26 g	258

Net carbohydrates: 2 g

*Makes 6 servings*

#### **Ingredients**

1 cup of coconut  
cream

4 tablespoon of  
unrefined coconut oil

2 tablespoon of  
whole chia seeds

2 tablespoon of cacao

$\frac{1}{2}$  pinch of cayenne  
pepper

$\frac{1}{2}$  -1 cup of water

Ice cubes as needed

#### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## BEERY AND HAZELNUT DELIGHT

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	7 g	2g	34 g	365

Net carbohydrates: 4g

*Makes 4 servings*

### **Ingredients**

2 tablespoon oil

2 cup of cold water

3 large blackberries,  
whole

2 pack of stevia

2 tablespoon chocolate  
powder, unsweetened

3 tablespoon hazelnuts,  
chopped

1 tablespoon heavy  
cream

### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a  
smooth texture

Serve chilled and enjoy!

## BRAZIL'S FAVORITE NUT SHAKE

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	3g	1g	36 g	350

Net carbohydrates: 2g

*Makes 6 servings*

### **Ingredients**

2 tablespoon  
sunflower seeds

1 cup of water

1 ounce of Brazil nuts

1 tablespoon of stevia

1 tablespoon of MCT  
oil

1 cup of Spring Mix  
Salad Blend

### **Instructions**

Add the listed ingredients to  
your blender

Blend until you have a smooth  
texture

Serve chilled and enjoy!

## CHAPTER TWO



## COOKIES AND BISCUITS

## SUGAR FREE- CHOCOLATE BISCOTTI

---

*Prep time: 5 minutes*

*Cook time : 35 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
13g	3 g	2g	4 g	120

Net carbohydrates: 6 g

*Makes 8 servings*

### **Ingredients**

1 cup shredded  
coconut

2 tablespoon of chia  
seeds

2 cup of whole  
almonds

¼ cup of coconut oil

1 teaspoon of baking  
soda

### **Instructions**

Pre-heat your oven to 350 degrees F

Add chia seeds, almond to your food processor and blend

Add remaining ingredients and mix well

Pour mixture into loaf pan and bake for 30 minutes

Cut into 8 biscotti shaped slices

Transfer to cookie sheet and bake for 12 minutes more

Serve and enjoy!



## 77 KETO DESSERT RECIPES

$\frac{1}{4}$  cup of cacao  
powder

Stevia as needed

$\frac{1}{4}$  teaspoon of salt

## COCONUT CHOCOLATE COOKIES

---

*Prep time: 15 minutes*

*Cook time : 3 hours*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2g	1g	1g	4 g	40

Net carbohydrates: 0.7 g

*Makes 8 servings*

### **Ingredients**

6 cup of shredded  
unsweetened coconut

1 cup of coconut milk

¼ cup of sugar free  
maple syrup

¼ teaspoon of  
almond extract

### **Instructions**

Blend coconut in your food processor until you have a nice texture

Add coconut milk and syrup, keep blending until you have a nice batter

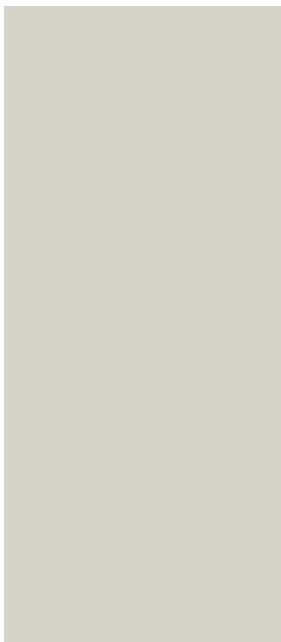
Add more milk if the batter is a bit too crumbly

Transfer the mixture to mixing bowl

Use your hand to form small balls

Line a baking tray with parchment paper and transfer

## 77 KETO DESSERT RECIPES



the balls, flatten them lightly to form a cookie shape

Sprinkle coconut on top and chill for 2-3 hour until firm

Enjoy!

## CINNAMON AND BUTTER KETO FRIENDLY COOKIE

---

*Prep time: 10 minutes*

*Cook time : 18 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2 g	3g	1g	14 g	141

Net carbohydrates: 0.7 g

*Makes 6  
servings*

### **Ingredients**

1 teaspoon ground  
cinnamon

½ cup of salted  
butter, soft

2 cup of almond  
flour

1 teaspoon of vanilla  
extract

### **Instructions**

Pre-heat your oven to 300  
degrees F

Take a baking sheet and line it  
with parchment paper

Take a large bowl and add listed  
ingredients, mix until fully  
incorporated

Use your hands to work the  
dough and roll into 15 balls

Transfer to your baking sheet

Bake in the oven for 25 minutes

## 77 KETO DESSERT RECIPES

½ cup of stevia

1 whole egg

Let them cool and serve

Enjoy!

## ASTONISHING CHILI CHOCOLATE COOKIES

---

*Prep time: 5 minutes*

*Cook time : 18 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2.6g	2.9 g	1g	12g	135

Net carbohydrates: 1 g

## 77 KETO DESSERT RECIPES

*Makes 7 servings*

### **Ingredients**

1 teaspoon cayenne  
pepper

2 teaspoon chili  
powder

8 tablespoon  
unsweetened cocoa  
powder

2 teaspoon vanilla

3 tablespoon salted  
butter, softened

$\frac{3}{4}$  cup of coconut  
flour

2 and  $\frac{1}{2}$  teaspoon  
ground cinnamon

$\frac{1}{2}$  cup of sweetener

$\frac{1}{2}$  teaspoon of salt

4 large eggs

### **Instructions**

Pre-heat your oven to 350 degrees F

Take a baking sheet and prepare it with parchment paper

Take a large bowl and add cocoa powder, cayenne pepper, sweetener, and chili powder, salt and mix well

Take a medium bowl and add butter and coconut oil

Mix well

Add eggs and vanilla extract and stir well

Add wet ingredients mix to the dry ingredients and mix well for a few minutes

Use your hands to roll 15 cookie dough balls and arrange them on your baking sheet

Flatten the cookie dough balls

Bake for 15 minutes

Let them cool and serve

Enjoy!

## HIGH WALNUT COOKIES

---

*Prep time: 5 minutes*

*Cook time : 18 minutes*

*Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
1 g	3 g	0g	10 g	101

Net carbohydrates: 0.5 g

*Makes 6 servings*

### **Ingredients**

1 teaspoon of baking  
soda

2 tablespoon of  
Erythritol

1 large egg

1 cup of walnuts,  
chopped

2 cup of almond flour

4 tablespoon of butter,  
soft

### **Instructions**

Pre-heat your oven to 350  
degrees F

Prepare your baking sheet by  
lining it with parchment paper

Take a large bowl and add all the  
ingredients

Mix all

Use a spoon and scoop out  
cookie dough into 18 balls and  
transfer to the baking sheet

Bake for 13 minute

Let them cool and serve

Enjoy!



## FAVORITE COOKIE DOUGH FAT BOMB

---

*Prep time: 40 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	4g	1g	19 g	209

Net carbohydrates: 4 g

*Makes 6 servings*

#### **Ingredients**

$\frac{1}{2}$  cup coconut oil

$\frac{1}{4}$  cup dark chocolate,  
chopped

$\frac{3}{4}$  cup of almond flour

1 tablespoon maple syrup

1 teaspoon almond butter

$\frac{1}{2}$  teaspoon vanilla  
extract

$\frac{1}{2}$  teaspoon salt

#### **Instructions**

Take a mixing bowl and add coconut oil, almond butter, maple syrup, almond flour

Mix in all the remaining ingredients using a mixer and add dark chocolate

Cover the bowl with plastic wrap and chill for 20 minutes

Once the mixture has hardened, scoop into small balls using a cookie scoop and enjoy!

## HOMELY ORANGE CAKE BALLS

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3.7 g	2.2 g	1g	4 g	218

Net carbohydrates: 2g

*Makes 5 servings*

#### **Ingredients**

2/3 cup butter

1/3 cup of coconut  
flour

Orange zest

1/4 cup of orange juice

35 drops of stevia

1/2 teaspoon vanilla  
extract

Pinch of salt

#### **Instructions**

Add listed ingredients and mix well

Add a small amount of orange juice if the mixture becomes too dry

Add coconut flour if too wet

Add sweetener to your desired taste

Use a cookie scoop to make balls and smoothen them

Roll balls lightly over coconut flour and chill for 10 minutes

Serve and enjoy

## ASTONISHING GINGER AND TURMERIC COOKIES

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*Prep time: 10 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3g	2 g	1g	9 g	110

Net carbohydrates: 1 g

*Makes 6 servings*

### **Ingredients**

2 cup of coconut  
butter

1 large egg

$\frac{1}{2}$  cup sweetener

4 teaspoon ground  
ginger

1 teaspoon gluten free  
baking powder

### **Instructions**

Pre-heat your oven to 350  
degrees F

Add coconut butter, vanilla  
extract, eggs to your food  
processor

Process until you have a nice  
puree

Add in baking soda, sweetener,  
and spices and blend well

Pour mixture into a bowl and  
work the dough into balls

## 77 KETO DESSERT RECIPES

1 teaspoon turmeric  
powder

1 teaspoon vanilla  
extract

1/8 teaspoon black  
pepper

1/4 teaspoon salt

Transfer to a cookie sheet lined  
with parchment paper

Press cookie down with palm to  
flatten

Transfer to your oven and bake  
for 10-15 minutes until lightly  
brown

Remove cookies from the oven  
and let them cool

Serve and enjoy once done!

## KETO CREAM CHEESE COOKIES

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*Prep time: 5 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
1 g	1g	0g	15 g	148

Net carbohydrates: 1 g

*Makes 5 servings*

### **Ingredients**

1 large egg white

2 teaspoon of vanilla  
extract

3 cup of almond flour

¼ teaspoon salt

¼ cup of butter, soft

2 ounce of plain  
cream cheese, soft

1/2 cup Erythritol

### **Instructions**

Pre-heat your oven to 350 degrees F

Line a large sized cookie sheet with parchment paper

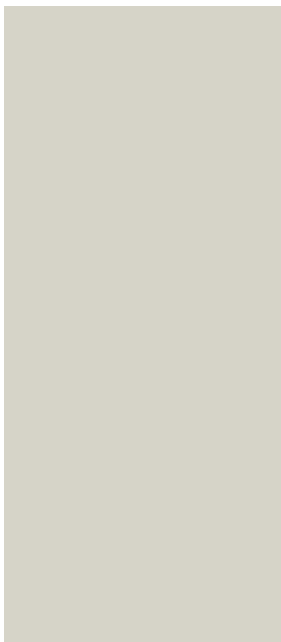
Use a hand mixer to beat butter, cream cheese, Erythritol until fluffy

Beat in vanilla extract, salt, and egg white

Beat in almond flour, ½ cup at a time

Take a medium sized cookie scoop and scoop up the dough

## 77 KETO DESSERT RECIPES



into balls, transfer to your prepared cookie sheet

Flatten with your palm

Bake for 15 minutes until edges are lightly golden

Let it cool and enjoy!

## CHOCOLATE CHIP COOKIES WITH COCONUT FLOUR

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*Prep time: 15 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	1 g	1g	10 g	111

Net carbohydrates: 3 g

*Makes 7 servings*

#### **Ingredients**

3 large eggs

4 tablespoon sugar  
free chocolate chips

1 teaspoon organic  
blackstrap molasses

1/4 teaspoon of vanilla  
extract

1/8 teaspoon salt

#### **Instructions**

Pre-heat your oven to 350 degrees F

Take a bowl and add dry ingredients of coconut flour, stevia, chocolate chips, salt and mix well

Slowly stir in wet ingredients into dry ingredients

Use 2 tablespoons of batter to make cookies in cookie mat

Bake for 15 minutes until the bottom are slightly browned

## 77 KETO DESSERT RECIPES

Enjoy!

¼ cup of coconut  
flour

1 cup of unsalted  
butter

3 tablespoon of  
stevia



# CHAPTER THREE



## MUFFINS

## KETO MUFFIN

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*Prep time: 8 minutes*

*Cook time : 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5 g	7 g	2g	5.6 g	102
Net carbohydrates: 3 g				

*Makes 4 servings*

#### **Ingredients**

Coconut oil for  
grease

2 teaspoon of  
coconut flour

A pinch of baking  
soda

A pinch of salt

1 whole egg

#### **Instructions**

Grease ramekin dish with coconut oil and keep it on the side

Add ingredients to a bowl and combine until no lumps

Pour batter into ramekin

Microwave for 1 minute on HIGH

Slice in half and serve

Enjoy!

## GINGERBREAD KETO MUFFINS

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*Prep time: 5 minutes*

*Cook time : 30 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
9 g	11g	1g	23 g	283

Net carbohydrates: 5 g

*Makes 6 servings*

### **Ingredients**

1 tablespoon of  
ground flaxseed

6 tablespoon of  
coconut milk

1 tablespoon apple  
cider vinegar

½ cup of peanut  
butter

### **Instructions**

Pre-heat your oven to 350  
degrees F

Take a bowl and add flaxseeds,  
salt, vanilla, sweetener, spices,  
and non-dairy milk

Keep the mixture on the side

Take a bowl and add peanut  
butter, gluten-free baking  
powder, and mix. Pour the  
mixture into the flaxseed mix

Scoop up the batter into your  
muffin liners and even them out

## 77 KETO DESSERT RECIPES

2 tablespoon  
gingerbread spice  
blend

1 teaspoon of vanilla  
extract

1 teaspoon of gluten-  
free baking powder

2 tablespoon swerve

Bake for 30 minutes until a  
toothpick comes out clean from  
the center

Let them cool

Serve and enjoy!

### **Variations/Tips:**

Instead of coconut milk, you  
can go for almond milk for a  
different flavor!

## VEGGIE BREAKFAST MUFFIN

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*Prep time: 5 minutes*

*Cook time : 15-20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	6 g	1g	5 g	73

Net carbohydrates: 2g

*Makes 2 servings*

### **Ingredients**

3 spring onions,  
chopped

1 bell pepper, diced

4 cherry tomatoes,  
chopped

Handful of spinach

$\frac{1}{4}$ - $\frac{1}{2}$  teaspoon salt

6 whole eggs

### **Instructions**

Pre-heat your oven to 390 degrees F

Grease muffin tins and keep them on the side

Add vegetables to a bowl and season with salt, toss

Beat eggs and add to the veggies

Mix well 6. Sprinkle curry powder

Pour batter into muffin tin

Bake for 15-20 minutes

## 77 KETO DESSERT RECIPES

1 teaspoon curry  
powder

Let it cool and serve

Enjoy!

## SASSY SPICED UP MUFFINS

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*Prep time: 5 minutes*

*Cook time : 24 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	6 g	2g	15 g	78

Net carbohydrates: 4 g

*Makes 6 servings*

### **Ingredients**

½ cup of raw hemp  
hearts

½ cup of flaxseeds

¼ cup of chia seeds

2 tablespoon of  
Phylum Husk powder

1 tablespoon  
cinnamon

Stevia, to taste

### **Instructions**

Pre-heat your oven to a temperature of 350 degrees Fahrenheit

Line up muffin tray with liners

Take a large sized mixing bowl and add peanut butter, pumpkin, sweetener, coconut milk, and flaxseed and mix well

Keep stirring until the mixture has been thoroughly combined

Take another bowl and add gluten-free baking powder, spices, and coconut flour

## 77 KETO DESSERT RECIPES

½ teaspoon of gluten-free baking powder

½ teaspoon of salt

1 cup of water

Mix well

Add the dry ingredients into the wet bowl and stir until the coconut flour has mixed well

Allow it to sit for a while until the coconut flour has absorbed all of the moisture

Divide the mixture amongst your muffin tins and bake for 45 minutes

Enjoy!



## BLUEBERRY MUFFINS

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*Prep time: 10 minutes*

*Cook time : 20-25 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5 g	5g	1g	15 g	167

Net carbohydrates: 3 g

*Makes 4 servings*

### **Ingredients**

1 cup of almond  
flour

Pinch of salt

1/8 teaspoon of  
gluten-free baking  
powder

1 whole egg

2 tablespoon coconut  
oil, melted

### **Instructions**

Pre-heat your oven to 350  
degrees F

Line a muffin tin with paper  
muffin cups

Add almond flour, salt, baking  
soda to a bowl and mix, keep it  
on the side

Take another bowl and add  
egg, coconut oil, coconut milk,  
and mix

Add mix to flour mix and gently  
combine until incorporated

Mix in blueberries and fill the  
cupcakes tins with batter

## 77 KETO DESSERT RECIPES

½ cup of coconut  
milk

1/4 cup of fresh  
blueberries

Bake for 20-25 minutes

Enjoy!

## ZUCCHINI MUFFINS

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*Prep time: 7 minutes*

*Cook time : 35 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	2 g	2g	3 g	48

Net carbohydrates: 4 g

*Makes 10  
servings*

### **Ingredients**

7 tablespoon of  
coconut flour

1 tablespoon ground  
flaxseeds

1 cup of Erythritol

2 teaspoon of gluten-  
free baking powder

1 teaspoon of  
cinnamon

### **Instructions**

Pre-heat your oven to 350  
degrees F

Prepare your muffin tin and  
keep it on the side

Whisk in eggs and add broccoli,  
coconut oil, keep the mix on the  
side

Take another bowl and add dry  
ingredients, mix well and add  
egg mix

Gently mix until combined

## 77 KETO DESSERT RECIPES

¼ teaspoon of gluten-free baking powder

3 whole eggs

1 cup of zucchini, shredded

1/3 cup of carrot, grated

¼ cup of unsweetened almond milk

½ teaspoon of apple cider vinegar

Pour batter into muffin tin and bake for 20 minutes until golden brown

Remove and let them cool

Serve and enjoy!

## SAVOURY CUPCAKES

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*Prep time: 10 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
8 g	3 g	1g	4 g	59
Net carbohydrates: 4g				

*Makes 6 servings*

### **Ingredients**

6 whole eggs

2 cup of broccoli,  
steamed and  
processed

2 tablespoon of  
coconut oil, soft

½ cup of coconut  
flour

½ teaspoon of salt

### **Instructions**

Pre-heat your oven to 350 degrees F

Take your muffin tin and line it with muffin liners

Take a bowl and mix in coconut flour, cinnamon, flax, Erythritol, baking soda and mix well

Take another bowl and whisk in eggs, zucchini, carrot, almond milk, apple cider vinegar, coconut oil and mix well

Add the wet mixture to the dry mixture

## 77 KETO DESSERT RECIPES

½ teaspoon of baking  
soda

Stir until you have a nice batter

Pour the batter into your  
prepared muffin tins

8. Bake for 30 minutes

Remove from oven and let  
them cool

Serve and enjoy!

## LUSH CRANBERRY CUPCAKES

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*Prep time: 10 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	3g	2g	7 g	78

Net carbohydrates: 4.8g

*Makes 6 servings*

### **Ingredients**

2 cup of almond flour

2 teaspoon of baking  
soda

¼ cup of avocado oil

1 whole egg

¾ cup of almond  
milk

½ cup of Erythritol

½ cup of applesauce

### **Instructions**

Pre-heat your oven to 350 degrees F

Line the muffin tin with paper muffin cups and keep them on the side

Add flour, baking soda and keep it on the side

Take another bowl and whisk in remaining ingredients and add flour, mix well

Pour batter into prepared muffin tin and bake for 20 minutes

## 77 KETO DESSERT RECIPES

Zest of 1 orange

2 teaspoon of ground  
cinnamon

2 cup of fresh  
cranberries

Once done, let it cool for 10  
minutes

Serve and enjoy!



## COCONUT CUPCAKES

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*Prep time: 5 minutes + 2 and ½ hours chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6.5 g	17 g	2g	30 g	371

Net carbohydrates: 3 g

*Makes 6 servings*

#### **Ingredients**

4 and ¼ ounce  
vanilla flavored  
protein powder

3 ounce of coconut  
flakes (unsweetened)

¾ cup of coconut  
milk

4 tablespoon of  
coconut oil

2 tablespoon of  
Psyllium Husk

#### **Instructions**

Take a bowl and mix in protein powder, coconut flakes, Psyllium Husk

Mix in coconut oil, coconut milk

Pour the mixture into cupcake tins

Melt chocolate and drizzle over them

Transfer to fridge and let it chill for 30 minutes

Sprinkle pecan halves on top

Chill for 2 hours more

## 77 KETO DESSERT RECIPES

$\frac{3}{4}$  ounce of dark  
chocolate

Cut and enjoy!

## ALMOND DELIGHT MUFFINS

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*Prep time: 10 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7g	26 g	1g	17 g	218

Net carbohydrates: 5.3 g

*Makes 6 servings*

### **Ingredients**

6 ounces of almonds,  
ground

1 teaspoon of  
cinnamon

½ teaspoon of gluten-  
free baking powder

1 pinch of salt

1 whole egg

### **Instructions**

Pre-heat your oven to 350 degrees F

Line muffin tin with paper muffin cups, keep them on the side

Mix in almonds, cinnamon, gluten-free baking powder, salt and keep it on the side

Take another bowl and beat in eggs, apple cider vinegar, applesauce, Erythritol

Add the mix to dry ingredients and mix well until you have a smooth batter

## 77 KETO DESSERT RECIPES

1 teaspoon of apple  
cider vinegar

2 tablespoon of  
Erythritol

1/3 c of applesauce

Pour batter into the tin and  
bake for 20 minutes

Once done, let them cool

Serve and enjoy!

## FLAXSEED MUFFINS

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*Prep time: 10 minutes*

*Cook time : 22 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
8 g	11g	2g	22 g	285

Net carbohydrates: 4 g

*Makes 6 servings*

### **Ingredients**

6 whole eggs

1 and ½ cup of  
espresso fudge  
protein almond butter

¾ cup of water

6 tablespoon of cacao  
powder

3 tablespoon of  
ground decaf coffee

### **Instructions**

Pre-heat your oven to 350  
degrees F

Line 12 muffin tin with liners

Take a bowl and mix in all wet  
ingredients

Take another bowl and mix all  
the dry ingredients

Add wet ingredients to the dry  
ingredients and mix well

Drop a spoonful of the batter  
into each of the muffin cups

Bake for 22-24 minutes

## 77 KETO DESSERT RECIPES

$\frac{3}{4}$  cup of flaxseed,  
roughly ground

$\frac{3}{4}$  cup of xylitol

1 and  $\frac{1}{2}$  teaspoon of  
gluten free gluten free  
baking powder

Let them cool and serve

Enjoy!

## HEALTHY MORNING OAT MUFFINS

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*Prep time: 5 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7g	4 g	1g	11 g	130

Net carbohydrates: 5 g

*Makes 6 servings*

### **Ingredients**

1 cup of ground flax

1 cup of oat fiber

4 whole eggs

8 tablespoon of heavy  
whip cream

4 tablespoon of  
Erythritol

1 teaspoon gluten-  
free baking powder

### **Instructions**

Take a bowl and mix in all dry ingredients

Take another bowl and mix in melted butter, Erythritol

Add eggs, cream, and vanilla to the butter mix

Mix in dry ingredients into wet mixture and make a sticky dough

Grease 12 cup-muffin tin and evenly distribute the mixture between the cups

## 77 KETO DESSERT RECIPES

$\frac{1}{2}$  teaspoon baking  
soda

2 teaspoon of  
cinnamon

$\frac{1}{2}$  teaspoon of vanilla  
extract

$\frac{1}{4}$  teaspoon of salt

Pre-heat your oven to 350  
degrees F

Bake for 15 minutes

Let it cool

Serve and enjoy!



# CHAPTER FOUR



## FAT BOMBS

## WHITE CHOCOLATE AND PEANUT BUTTER CRUNCH

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*Prep time: 5 + 90 minutes chill time*

*Cook time : 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	2 g	1g	7 g	77

Net carbohydrates: 4 g

*Makes 5 servings*

### **Ingredients**

½ cup of cacao butter

½ cup of salted  
peanut butter

3 tablespoon of stevia

4 tablespoon of  
powdered coconut  
milk

2 teaspoon of vanilla  
extract

### **Instructions**

Set your double boiler on low-heat

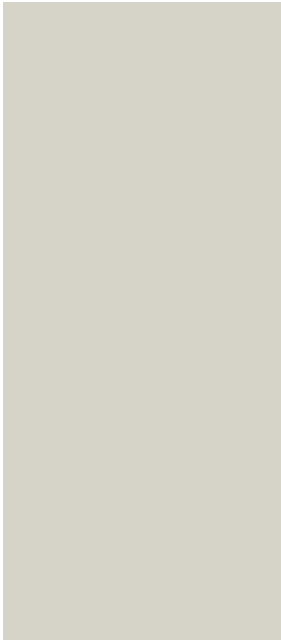
Melt the cacao butter and peanut butter together and stir in vanilla extract

Take another bowl and add powdered coconut powder and stevia

Stir 1 tablespoon at a time of the mixture into the vanilla extract mixture

Portion the mixture into silicone molds or lined up

## 77 KETO DESSERT RECIPES



muffin tins and chill them for  
90 minutes

Remove and enjoy!

## SIMPLE LEMONADE FAT BOMB

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*Prep time: 2 hours*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	4g	1g	43 g	404

Net carbohydrates: 3g

*Makes 2 servings*

#### **Ingredients**

1 whole lemon

4 ounce of cream  
cheese

2 ounce of butter

2 teaspoon of natural  
sweetener

#### **Instructions**

Take a fine grater and zest your lemon

Squeeze lemon juice into a bowl alongside the zest

Add butter, cream cheese to a bowl and add zest, salt, sweetener and juice

Stir well using a hand mixer until smooth

Spoon mix into molds and let it freeze for 2 hours

Serve and enjoy!

## WARM CHOCOLATE FAT BOMBS

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*Prep time: 5 minutes + 1 hour chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	11 g	1g	21g	317

Net carbohydrates: 4 g

*Makes 6 servings*

### **Ingredients**

¼ cup of coconut oil

¼ cup of cocoa  
butter

10 drops vanilla  
flavored stevia drops

### **Instructions**

Take a small saucepan and place it over medium heat

Add coconut oil and butter, let it heat up until combined

Remove heat and stir in stevia until combined well

Pour mix into muffin tins and transfer to freezer

Let it chill for 1 hour

Serve and enjoy!

## VEGAN PUMPKIN SPICED UP FAT BOMBS

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*Prep time: 10 minutes + 90 minutes chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	1 g	1g	10 g	103

Net carbohydrates: 2 g

*Makes 4 servings*

### **Ingredients**

$\frac{3}{4}$  cup of pumpkin puree

$\frac{1}{4}$  cup of hemp seeds

$\frac{1}{2}$  cup of coconut oil

2 teaspoon of pumpkin pie spice

1 teaspoon of vanilla extract

Liquid Stevia

### **Instructions**

Take a blender and add all of the ingredients

Blend them well and portion the mixture out into silicon molds

Allow them to chill and enjoy!

## KETO-RASPBERRY CHOCOLATE CUPS

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*Prep time: 10 minutes + 60 minutes chill  
time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
1 g	3g	1g	15 g	158

Net carbohydrates: 0.5 g

*Makes 6 servings*

#### **Ingredients**

½ cup of cacao butter

½ cup of coconut  
manna

4 tablespoon of  
powdered coconut  
milk

3 tablespoon of  
granulated stevia

1 teaspoon of vanilla  
extract

#### **Instructions**

Prepare your double boiler to medium heat and melt cacao butter and coconut manna

Stir in vanilla extract

Take another dish and add coconut powder and sugar substitute

Stir the coconut mix into the cacao butter, 1 tablespoon at a time, making sure to keep mixing after each addition

Add the crushed dried raspberries

Mix well and portion it out into muffin tins

## 77 KETO DESSERT RECIPES

¼ cup of dried and  
crushed raspberries,  
frozen

Chill for 60 minutes and enjoy!



## CRISPY CHILLED COCONUT BOMBS

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*Prep time: 5 minutes + 1-2 hours chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2 g	1 g	1g	13 g	123
Net carbohydrates: 1 g				

*Makes 6 servings*

### **Ingredients**

14.5 ounces coconut  
milk

$\frac{3}{4}$  cup of coconut oil

1 cup of unsweetened  
coconut flakes

20 drops of stevia

### **Instructions**

Microwave your coconut oil for  
20 seconds in the microwave

Mix in coconut milk and stevia  
in the hot oil

Stir in coconut flakes and pour  
the mixture into molds

Let it chill for 60 minutes in the  
fridge

Serve and enjoy!

## SWEET COCONUT ALMOND BUTTER FAT BOMBS

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*Prep time: 30 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2 g	1.53 g	0g	14 g	145

Net carbohydrates: 1 g

*Makes 8 servings*

### **Ingredients**

1 cup of melted  
coconut oil

10 tablespoon of  
almond butter

90 drops of liquid  
stevia

3 tablespoon cocoa

9 tablespoon melted  
salted butter

### **Instructions**

Take a bowl and add all of the listed ingredients

Mix them well

Pour scant 2 tablespoons of the mixture into as many muffin molds as you like

Chill for 20 minutes and pop them out

Serve and enjoy!

# CHAPTER FIVE



## CAKES

## CHUNKY MACADAMIA FAT BOMBS

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*Prep time: 5 minutes + 30-60 minutes chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	3g	0g	28 g	267

Net carbohydrates: 2 g

*Makes 6 servings*

#### **Ingredients**

2 ounce of  
unsweetened cocoa  
butter

2 tablespoon of  
unsweetened cocoa  
powder

2 tablespoon of  
Swerve

4 ounce of  
macadamia, chopped

$\frac{1}{4}$  cup of heavy  
cream

#### **Instructions**

Melt in cocoa butter in a small  
saucepan over medium heat

Add cocoa powder too the  
saucepan

Add swerve, mix well until  
ingredients are blended well and  
melted

Add macadamias and stir

Add cream, mix and heat it up

Pour the mixture into Fat  
Bomb molds

Let it chill until hardened and  
enjoy!

## SUPREME NO-BAKE LEMON CHEESECAKE

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*Prep time: 15 minutes + 60 minutes chill  
time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3 g	6 g	1g	17 g	220

Net carbohydrates: 2g

*Makes 6 servings*

### **Ingredients**

8 ounces of cream  
cheese

2 ounces of full-fat  
cream

1 tablespoon lemon juice

Few drops of vanilla  
extract

Peel of  $\frac{1}{2}$  lemon, grated

Stevia to taste

### **Instructions**

Take a large cup and add cream, cream cheese, and mix until you have a pudding-like consistency

Add rest of the ingredients and mix well

Transfer the mixture to your fridge, and it solidifies for about 1 hour

Serve and enjoy!

## FLUFFY NO-BAKE CRUSTY CHEESECAKE

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*Prep time: 120 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4g	3 g	1g	16 g	182

Net carbohydrates: 3 g

*Makes 6 servings*

#### **Ingredients**

##### **For Crust**

2 tablespoon ground  
flaxseeds

2 tablespoon  
coconuts, desiccated

1 teaspoon cinnamon

##### **For Filling**

4 ounces vegan cream  
cheese

1 cup cashews,  
soaked

#### **Instructions**

Take a container and mix in the crust ingredients, mix well

Flatten the mixture at the bottom to prepare the crust of your cheesecake

Take a blender/ food processor and add the filling ingredients, blend until smooth

Gently pour the batter on top of your crust and chill for 2 hours

Serve and enjoy!

## 77 KETO DESSERT RECIPES

½ cup frozen  
blueberries

2 tablespoon coconut  
oil

1 tablespoon lemon  
juice

1 teaspoon vanilla  
extract

Liquid stevia as  
needed

## SWEET COCONUT LOAF BREAD

---

*Prep time: 15 minutes*

*Cook time : 40 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
15 g	15g	1g	14 g	297

Net carbohydrates: 6 g

*Makes 4 servings*

#### **Ingredients**

1 and ½ tablespoon  
of coconut flour

¼ teaspoon of gluten-  
free baking powder

1/8 teaspoon salt

1 tablespoon coconut  
oil, melted

1 whole egg

#### **Instructions**

Pre-heat your oven to 350  
degrees F

Take a bowl and add coconut  
flour, salt, and gluten-free  
baking powder

Add coconut oil, eggs and stir  
well

Leave the batter for a few  
minutes

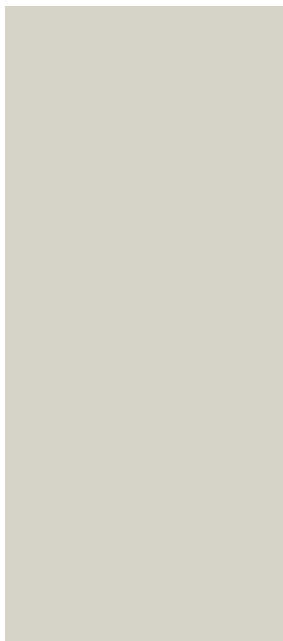
Pour half of the batter onto  
your baking pan

Spread it to form a circle

Repeat with remaining batter



## 77 KETO DESSERT RECIPES



Bake for 10 minutes

Once golden brown, cool and slice

Serve!

## CHOCOLATE CREAM CAKE

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*Prep time: 15 minutes + chill time 4 hours*

*Cook time : 45 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
8g	3.3g	2g	16 g	173

Net carbohydrates: 6 g

*Makes 6 servings*

### **Ingredients**

7 ounce sugar free  
dark chocolate

3 and ½ ounces of  
butter

3 and ½ ounces of  
cream

4 egg whites

4 egg yolks

Erythritol to taste

### **Instructions**

Take an 8-inch baking pan and grease with butter


Add butter and chocolate pieces to a bowl and heat for 2 minutes in the microwave

Mix in Erythritol and cream and stir gently

Whisk in egg yolks and beat

Beat egg whites in another bowl and season with salt, keep mixing until stiff peaks form

## 77 KETO DESSERT RECIPES



Add the egg white foam to your chocolate mixture and mix gently

Spread the batter over your greased baking dish

Bake for 45 minutes at 325 degrees F

Let it cool and chill for 4 hours  
Serve and enjoy!

## HEALTHY CINNAMON AND CARROT CAKE

---

*Prep time: 15 minutes*

*Cook time : 35 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
8g	8 g	2g	34 g	359

Net carbohydrates: 5 g

*Makes 6 servings*

### **Ingredients**

$\frac{3}{4}$  cup Erythritol

$\frac{3}{4}$  cup of butter

1 teaspoon of vanilla  
essence

$\frac{1}{2}$  teaspoon of  
pineapple extract

4 large eggs

2 and  $\frac{1}{2}$  cup of  
almond flour

### **Instructions**

Pre-heat your oven to 350  
degrees F

Layer two 9 inch baking pans  
with parchment paper and  
greases the bottom

Take a bowl and beat in cream  
and Erythritol

Whisk in pineapple extract and  
vanilla essence

Add eggs one by one, while  
beating after every addition

## 77 KETO DESSERT RECIPES

2 teaspoon of gluten-free baking powder

2 teaspoon of cinnamon

$\frac{1}{2}$  teaspoon of salt

2 and  $\frac{1}{2}$  cup of carrots, grated

1 and  $\frac{1}{2}$  cup of pecans, chopped

Take another bowl and add almond flour, salt, cinnamon, gluten-free baking powder

Transfer the dry mix to egg and butter mix

Fold in grated carrots and 1 cup pecans, chopped

Pour the whole mixture into your greased baking pans and bake for 30-35 minutes

Let them cool for 10 minutes

Garnish with pecans and serve

Enjoy!

## SIMPLE FLOURLESS CAKE

---

*Prep time: 35 minutes*

*Cook time : 40 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3 g	6g	1g	21 g	240

Net carbohydrates: 2 g

*Makes 8 servings*

#### **Ingredients**

5 ounces chocolate,  
unsweetened

1 cup of butter

1 cup of Erythritol

3 whole eggs

½ cup of cocoa  
powder

1 teaspoon of vanilla  
extract

#### **Instructions**

Prepare a double boiler and melt butter and chocolate until mixed

Add the half cup of Erythritol and mix on low heat until dissolved

Remove heat

Separate your eggs, beat whites with ¼ Erythritol until stiff peaks appear

Add egg yolks in a bowl and mix with ¼ Erythritol until you have a pale mixture

Add egg yolk and mix

## 77 KETO DESSERT RECIPES

½ teaspoon of salt

Add ½ cocoa, salt, and vanilla until mixed

Add egg whites and start mixing

Take a baking pan and grease it, pour the mixture into baking pan and bake for 35 minutes at 350 degrees F

Garnish with more natural sweetener and enjoy!

## 77 KETO DESSERT RECIPES



# CHAPTER SIX



# PUDDINGS

## THE GRANDE RASPBERRY AND CHIA PUDDING

---

*Prep time: 10 minutes + overnight chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6.5 g	6 g	2g	18 g	223

Net carbohydrates: 3 g

*Makes 5 servings*

### **Ingredients**

2 cup of coconut  
milk

1 cup of water

2 cup of fresh  
raspberries

½ cup of whole chia  
seeds

1 teaspoon of vanilla  
powder

### **Instructions**

Add water, raspberries, coconut milk in a blender and pulse until the mixture is smooth

Mix in the blended mix, chia seeds, and vanilla

Refrigerate overnight

Serve and enjoy!

## VANILLA CREME PUDDING PARFAIT

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5 g	3 g	1g	9 g	175

Net carbohydrates: 2 g

*Makes 4 servings*

### **Ingredients**

$\frac{3}{4}$  cup of  
strawberries

1 can full-fat coconut  
milk, chilled

$\frac{1}{2}$  cup of walnuts,  
chopped

1 teaspoon vanilla  
extract

10 drops stevia

### **Instructions**

Take a food processor and add coconut milk, sweetener, and vanilla extract and mix it through

Pulse for 30 seconds until blended

Serve by spooning the vanilla crème pudding into a glass and fill it halfway through

Add chopped walnuts, berries, add another layer of vanilla crème pudding

Sprinkle remaining walnuts on top and garnish with more strawberries. Enjoy!

## RICH CHOCOLATE PUDDING

---

*Prep time: 5 minutes*

*Cook time : 5 minutes*

*Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6g	8g	1g	37 g	389

Net carbohydrates: 4 g

*Makes 4 servings*

### **Ingredients**

2 cup of coconut  
milk, canned

¼ cup of raw  
unsweetened coconut  
powder

1 tablespoon of stevia

4 tablespoon of water

2 tablespoon of  
gelatin

### **Instructions**

Place a saucepan over medium heat and add coconut milk, cocoa powder, stevia and stir until cocoa powder and stevia dissolves.

Take a bowl and mix gelatin with water, add the mixture to the saucepan, stir well until combined.

Pour mixture into 4 small ramekins

Place ramekin in refrigerator and chill for 1 hour

## 77 KETO DESSERT RECIPES

½ cup of heavy whip  
cream, beaten to stiff  
peaks

1 ounces bittersweet  
chocolate, chopped

Top with whipped cream and  
chopped chocolates

### **Variations/Tips:**

Instead of chopping the  
chocolate, you can melt them  
and use as syrup like topping as  
well.

## BUTTERSCOTCH PUDDING

---

*Prep time: 5 minutes + 1-2 hours chill  
time*

*Cook time : 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	2.5 g	1.5g	20g	197

Net carbohydrates: 2.4 g

*Makes 5 servings*

#### **Ingredients**

½ cup of Erythritol

4 egg yolks

3 tablespoon of  
butter

¼ teaspoon of salt

4 cup of coconut  
cream

#### **Instructions**

Add coconut cream, Erythritol,  
and salt to a pan

Put it on the stove on medium  
heat and cook until it starts to  
boil

Lower heat to low and cook for  
2 minutes

Remove from stove

Take a bowl and add egg yolks,  
pour half of the coconut,  
mixture in it

## 77 KETO DESSERT RECIPES

1 teaspoon of stevia  
drops

1/8 teaspoon of  
nutmeg

1/2 teaspoon of  
xanthan gum

1 tablespoon of  
vanilla extract

Pour the whole mixture into  
pan

Cook for 2 minutes until thick

Remove from stove

Add vanilla, butter, stevia, and  
nutmeg to the bowl and stir

Add Xanthan gum and stir

Let it chill for 10-15 minutes

Pour into serving glasses and  
enjoy!

## VANILLA AND AVOCADO PUDDING

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3.8 g	11 g	1g	28 g	292

Net carbohydrates: 2 g

*Makes 4 servings*

#### **Ingredients**

2 medium avocados,  
peeled and pitted

80 drops of liquid  
stevia

2 teaspoon of vanilla  
extract

1 tablespoon of lime  
juice

13 and ½ ounce of  
coconut milk, full fat

#### **Instructions**

Cut avocado into small sized chunks and add them to your blender

Add rest of the ingredients and process until creamy

Divide the mixture into serving bowls and serve

Enjoy!



# CHAPTER SEVEN



## SNACKS AND APPETIZERS

## REAMY AND BUTTERY SPINACH

---

*Prep time: 10 minutes*

*Cook time : 30 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
4 g	3g	2g	20 g	195

Net carbohydrates: 3 g

*Makes 4 servings*

### **Ingredients**

1 tablespoon of  
butter

½ a sweet onion,  
sliced

4 cup of spinach,  
stemmed and washed

¾ cup of heavy whip  
cream

¼ cup of vegetable  
stock

### **Instructions**

Take a large skillet and place it over medium heat, add butter and let it melt

Sauté onion for 5 minutes until lightly caramelized

Stir in spinach, heavy cream, stock, salt, pepper and nutmeg

Sauté for 5 minutes

Keep cooking spinach for 15 minutes until sauce has thickened

Serve and enjoy!

## 77 KETO DESSERT RECIPES

Salt and pepper

Pinch of nutmeg,  
ground

## CHEESY MASHED CAULIFLOWER PLATTER

---

*Prep time: 15 minutes*

*Cook time : 5 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	8g	2g	15 g	183

Net carbohydrates: 4 g

*Makes 4 servings*

### **Ingredients**

1 head cauliflower,  
chopped

½ cup of cheddar  
cheese, shredded

½ cup of whipping  
cream

2 tablespoon butter

Salt and pepper to  
taste

### **Instructions**

Place a large saucepan filled with three-quarters full with water over high heat

Bring to a boil

Blanch cauliflower until tender, for 5 minutes and drain

Transfer cauliflower to food processor and add cheese, heavy cream, butter and puree until creamy

Season with salt and pepper

Serve and enjoy!

## CHOCO HOT FUDGE

---

*Prep time: 10 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3g	2 g	1g	24 g	273

Net carbohydrates: 1 g

*Makes 7 servings*

### **Ingredients**

1 cup salted butter

5 ounces dark  
chocolate

3 tablespoon of  
unsweetened cocoa  
powder

1 cup of swerve

1 cup of heavy whip  
cream

### **Instructions**

Take a medium saucepan and place it

Add butter and chocolate to melt

Add cocoa powder and sweetener

Whisk for 3-5 minutes until everything dissolves

Add cream and bring to a boil

Stir

Lower down heat to low and add vanilla and salt

## 77 KETO DESSERT RECIPES

2 teaspoon of vanilla  
extract

Pinch of salt

Remove heat

Let it sit for 5 minutes

Serve hot and enjoy!

## CHOCO BACON DELIGHT

---

*Prep time: 15 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
0.5 g	7g	2g	26 g	258

Net carbohydrates: 0.2 g

*Makes 6 servings*

### **Ingredients**

12 bacon slices

4 and ½ tablespoon  
of unsweetened dark  
chocolate

2 and ¼ tablespoon  
of coconut oil

1 and ½ teaspoon of  
liquid stevia

### **Instructions**

Pre-heat your oven to 425  
degrees F

Skewer bacon into iron skewers

Arrange skewers and bake for  
15 minutes until they show a  
crispy texture

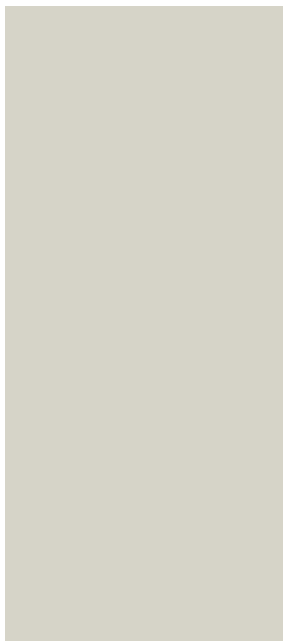
Transfer to a cooling rack

Take a saucepan and place it  
over low heat, add coconut oil  
and let it melt

Stir in coconut chocolate and  
heat until it melts

Add stevia and gently stir

## 77 KETO DESSERT RECIPES



Place crispy bacon on parchment paper and drizzle chocolate mix

Let the chocolate harden

Serve!



## CHEESY LEEKS

---

*Prep time: 10 minutes*

*Cook time : 25 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
9g	7g	1g	15 g	204

Net carbohydrates: 4g

*Makes 6 servings*

### **Ingredients**

2 pound of leaks,  
trimmed and chopped

2 ounces of butter

1 cup of coconut  
cream

3 and ½ ounces of  
cheddar cheese

Salt and pepper to  
taste

### **Instructions**

Pre-heat your oven to 400  
degrees F

Take a skillet and place it over  
medium heat, add butter and let  
the butter heat up

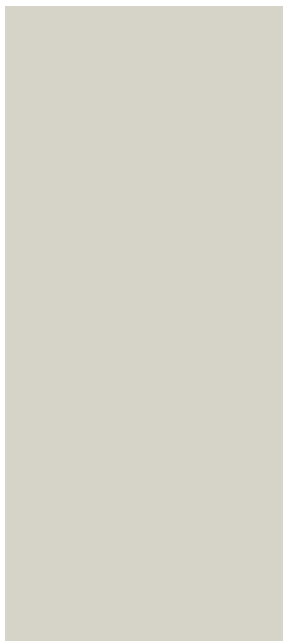
Add leeks and Sauté for about 5  
minutes

Take a baking dish and grease it  
with butter

Spread leeks in your greased  
baking dish

Take a saucepan and place it  
over low heat

## 77 KETO DESSERT RECIPES



Add cream and boil

Stir in cheese, pepper, and salt

Pour the sauce over leeks

Bake for 15-20 minutes

Serve and enjoy!

## CHEESY ASPARAGUS TART

---

*Prep time: 10 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5 g	12 g	1g	10 g	160

Net carbohydrates: 2 g

*Makes 4 servings*

### **Ingredients**

4 whole eggs

1 garlic clove,  
chopped

Salt and pepper to  
taste

20 asparagus spears,  
woody ends removed

½ cup of cheddar  
cheese, grated

### **Instructions**

Pre-heat your oven to 375  
degrees F

Grease a pie dish with butter

Place eggs, garlic, pepper and  
salt to a small bowl and beat  
using a fork

Pour egg mixture into your tray

Lay asparagus onto egg into one  
row

Sprinkle grated cheese over  
asparagus

## 77 KETO DESSERT RECIPES

2 tablespoon walnuts,  
chopped

Place in oven and cook for 12  
minutes until cheese melts

Enjoy!

## BUFFALO CAULIFLOWER NUGGETS

---

*Prep time: 15 minutes*

*Cook time : 60 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
5 g	5 g	1g	1 g	80

Net carbohydrates: 3 g

*Makes 7 servings*

### **Ingredients**

3 cup of cauliflower  
florets

1 cup of chickpea  
flour

3 tablespoon of  
buffalo wing sauce

1 cup of water

### **Instructions**

Pre-heat your oven to 350  
degrees F

Spread the florets out in a single  
layer in a pan and bake them in  
your oven for 30 minutes

During the final few minutes,  
take a bowl and add chickpea  
flour, water, and sauce and mix  
well

Dip the florets in the batter and  
lay them back in the dish

Bake for 30 minutes more

Enjoy!

## CREAMY WATERMELON SOUP

---

*Prep time: 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	2g	2g	17 g	192

Net carbohydrates: 4 g

*Makes 2 servings*

#### **Ingredients**

$\frac{3}{4}$  cup of cubed  
watermelon, seeded

2 ounce raspberries

2 tablespoon of sour  
cream

1 tablespoon of  
stevia, vanilla flavored

$\frac{1}{4}$  teaspoon of lemon  
juice

$\frac{1}{4}$  teaspoon of  
chopped mint

$\frac{1}{2}$  cup of whipped  
cream

#### **Instructions**

Add listed ingredients to food processor and pulse until smooth and creamy

Divide mix into serving bowls and top with whipped cream

Serve and enjoy!

## JUICY STRAWBERRY CREAM PIE

---

*Prep time: 15 minutes + overnight chill time*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	18g	2g	30 g	328

Net carbohydrates: 4 g

*Makes 6 servings*

#### **Ingredients**

1 healthy Keto-Friendly Pie Crust

1 cup of 2% yogurt

1 cup of heavy cream, whipped

½ cup of Sukrin Melis

1 tablespoon lemon juice

½ teaspoon of vanilla extract

#### **Instructions**

Add all of the ingredients to mixing bowl (except strawberries) and mix well

Mix with hand mixer until mixed well

Fold in ½ of whipped cream and combine using a mixer on low speed

Add rest of the whipped cream into strawberry and yogurt mixture and mix using a spatula

Transfer the filling to your pie crust and spread it

Cover with a piece of foil wrap and transfer to the fridge

## 77 KETO DESSERT RECIPES

$\frac{1}{4}$  teaspoon of  
strawberry extract

Pinch of salt

$\frac{1}{2}$  cup of  
strawberries,  
powdered in a coffee  
grinder

Chill overnight and serve

Garnish with slice and whole  
strawberries, enjoy!



## LOVELY BAKED TURNIPS

---

*Prep time: 10 minutes*

*Cook time : 20 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
3.8 g	1.2 g	1g	8 g	64

Net carbohydrates: 2 g

*Makes 4 servings*

### **Ingredients**

1 pound of turnips  
4 tablespoon of olive  
oil  
1 teaspoon of salt  
 $\frac{3}{4}$  teaspoon of black  
pepper

### **Instructions**

Pre-heat your oven to 400 degrees F

Rinse turnips and cut them into  $\frac{1}{2}$  inch thick slices

Arrange the slices in the large baking dish and drizzle oil

Season with salt and pepper

Toss

Transfer to the baking dish in oven and bake for 20 minutes

Serve and enjoy!

## SWEET BACON WRAPPED CHICKEN

---

*Prep time: 10 minutes*

*Cook time : 30-40 minutes*

*Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	19 g	2g	22g	390

Net carbohydrates: 3 g

*Makes 4 servings*

### **Ingredients**

1 and ¼ pound of  
chicken breasts

1 pound slices of  
bacon, raw

2 tablespoon of red  
chili powder

2 tablespoons stevia

### **Instructions**

Pre-heat your oven to 350  
degrees F

Take a large baking sheet and  
grease with oil

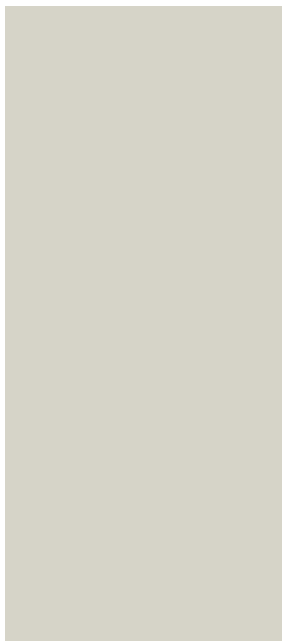
Keep it on the side

Rinse chicken and pat them dry,  
cut into 1-inch cubes

Take a small bowl and mix in  
red chili powder, stevia, and  
mix

Cut each slice of bacon into  
thirds and wrap each chicken  
piece with bacon slice

## 77 KETO DESSERT RECIPES



Secure with toothpick

Transfer to baking sheet in your oven and bake for 35 minutes until meat is cooked

Turn your broiler on and cook for 2-3 minutes more

Serve and enjoy!

## ROASTED RADISH CHIPS

---

*Prep time: 15 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
6 g	0.4g	2g	8 g	70

Net carbohydrates: 2.2 g

*Makes 5 servings*

#### **Ingredients**

16 pound fresh  
radish, chopped

½ teaspoon salt

½ teaspoon pepper

2 tablespoon of  
coconut oil

#### **Instructions**

Pre-heat your oven to 400  
degrees F

Add all the listed ingredients to  
your baking sheet and spread  
them

Season and bake for 12-15  
minutes

Enjoy!

## ZUCCHINI CHIPS

---

*Prep time: 10 minutes*

*Cook time : 3 hours*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2.9 g	0..7g	1g	3.6 g	40

*Makes 6 servings*

#### **Ingredients**

5 cup of zucchini,  
slice

2 tablespoon of white  
balsamic vinegar

2 tablespoon of extra  
virgin olive oil

2 teaspoon of coarse  
salt

#### **Instructions**

Take a bowl and whisk in vinegar and oil, add zucchini and toss

Add coated zucchini to a cookie sheet lined with parchment paper in even layer

Season with salt

Bake for 3 hours at 200 degrees F

Make sure to flip halfway through

Serve and enjoy!

## COCOA AND PEPPERMINT INFUSED FUDGE

---

*Prep time: 5 minutes + overnight chill time*

*Cook time : 10 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2.1 g	1.3 g	1g	13 g	129

Net carbohydrates: 1 g

*Makes 6 servings*

### **Ingredients**

4 ounces of cocoa  
butter

15 ounces of coconut  
milk

½ cup of coconut oil

1 cup of soft coconut  
butter

½ cup of swerve  
sweetener

### **Instructions**

Take a saucepan and place it over low heat

Add cacao butter and let it melt, mix in coconut butter, coconut milk, coconut oil and stir until smooth

Remove flam and whisk in vanilla, peppermint extract, protein powder, salt, stevia, and sweetener

Transfer the whole mixture to a parchment lined the pan and

## 77 KETO DESSERT RECIPES

½ cup of vanilla  
protein powder

1 teaspoon of  
peppermint extract

1 teaspoon of  
peppermint stevia

¼ teaspoon of salt

sprinkled crushed candy canes  
if you prefer

Refrigerate overnight and slice

Serve!

## RAVISHING KALE CHIPS

---

*Prep time: 15 minutes*

*Cook time : 15 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
2 g	3.6 g	1g	14 g	108

*Makes 6 servings*

#### **Ingredients**

1 teaspoon of chili powder

Bunch of kale

½ teaspoon of garlic powder

½ teaspoon of ground cumin

½ teaspoon of pepper

½ teaspoon of salt

#### **Instructions**

Cut kale into pieces and wash thoroughly

Take a bowl and mix in chili powder, garlic, cumin powder, pepper, cayenne, salt

Toss the kale with oil, spice mix, and yeast

Spread kale on two baking sheets and bake for 10 minutes

Turn off heat and let it sit for 2-5 minutes

Serve and enjoy!



## 77 KETO DESSERT RECIPES

1/8 teaspoon of  
cayenne

1 cup of avocado oil

1 cup of nutritional  
yeast

## CRUNCHY MUSHROOM CHIPS

---

*Prep time: 15 minutes*

*Cook time : 60 minutes*

### *Nutrition Facts Per Serving*

Carbohydrates:	Protein:	Fiber	Fat:	Calories:
7 g	3g	2g	5 g	169

Net carbohydrates: 4 g

*Makes 6 servings*

#### **Ingredients**

11 ounces of  
Portobello  
mushrooms

4 tablespoon of  
coconut oil

½ teaspoon of salt

Dash of black pepper

#### **Instructions**

Add mushrooms to a non-stick  
baking sheet and brush with oil

Season with salt and pepper

Bake for 60 minutes in 300  
degrees F, making sure to flip  
them thrice

Serve and enjoy!